

Claims:

1. A method of facilitating or maintaining collagen formation to treat or prevent a collagen-related condition, the method comprising orally administering a formulation comprising greater than 400 micrograms folic acid compound.
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2. The method of claim 1 comprising orally administering a formulation comprising greater than 500 micrograms folic acid compound.
3. The method of claim 1 comprising orally administering formulation comprising
10 greater than 1000 micrograms folic acid compound.
4. The method of claim 1 comprising administering the formulation to treat or prevent a condition selected from the group consisting of a degenerative bone disease, osteoporosis, arthritis, and Alzheimer's disease.
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5. The method of claim 1 comprising administering the formulation to facilitate collagen formation, to treat or facilitate healing of a skin or muscle wound.
6. The method of claim 1 comprising administering the formulation to facilitate or
20 maintain collagen formation to promote post-surgical skin or muscle tissue healing.
7. The method of claim 1 comprising administering the formulation to facilitate collagen formation and promote pre-natal health or fetal development.
- 25 8. The method of claim 1 comprising administering the formulation to facilitate collagen formation in the treatment of osteoporosis.
9. The method of claim 1 comprising administering the formulation to facilitate collagen formation in the treatment of a skin condition.
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10. The method of claim 1 wherein the formulation comprises:
- a) from about 0.5 to about 10 milligrams folic acid compound,
 - b) from about 10 to about 100 mg vitamin B₆,
 - c) from about 50 to about 1000 micrograms vitamin B₁₂, and
 - 5 d) one or a combination of additional vitamins and minerals selected from the group consisting of:
 - i) from about 200 to about 1000 mg calcium;
 - ii) from about 100 to about 1000 milligrams vitamin C;
 - iii) from about 50 to about 200 micrograms vitamin K;
 - 10 iv) from about 25 to about 250 milligrams magnesium;
 - v) from about 5 to about 10 micrograms vitamin D;
 - vi) from about 5 to about 15 milligrams thiamine;
 - vii) from about 4 to about 7 milligrams riboflavin;
 - viii) from about 1 to about 5 milligrams boron;
 - 15 and combinations thereof.
11. The method of claim 1 wherein the formulation comprises:
- a) from about 0.5 to about 5 milligrams folic acid compound;
 - 20 b) from about 5 to about 50 milligrams vitamin B₆;
 - c) from about 50 to about 1000 micrograms vitamin B₁₂;
 - d) from about 200 to about 1000 mg calcium; and
 - e) from about 200 to about 1000 milligrams vitamin C.
- 25 12. The method of claim 11 wherein the formulation further comprises:
- a) from about 50 to 200 micrograms vitamin K;
 - b) from about 3.5 to 15 milligrams thiamine; and
 - c) from about 3.5 to 15 milligrams riboflavin.
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13. A method of facilitating or maintaining collagen formation, the method comprising orally administering a formulation comprising greater than 400 micrograms folic acid compound at least one time per day, to provide a daily dosage of greater than 800 micrograms folic acid compound per day.
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14. The method of claim 13 wherein the formulation comprises:
- a) from about 1 to about 10 milligrams folic acid compound;
 - b) from about 10 to about 50 mg vitamin B₆;
 - c) from about 50 to about 1000 micrograms vitamin B₁₂; and
 - 10 d) one or more additional vitamins or minerals selected from the group consisting of:
 - i) from about 300 to about 1000 mg calcium;
 - ii) from about 25 to about 250 milligrams magnesium;
 - iii) from about 5 to about 15 micrograms vitamin D;
 - 15 iv) from about 1 to about 5 milligrams boron;and combinations thereof.
15. A method of treating or preventing degenerative bone disease, Alzheimer's disease, or arthritis, the method comprising administering a formulation comprising greater than 1
- 20 milligram folic acid compound.
16. The method of claim 15 comprising administering the formulation comprising from about 1 to about 10 milligrams folic acid compound two or more times per day to provide a daily dosage of greater than 2 milligrams folic acid compound per day.
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17. The method of claim 15 wherein the formulation comprises vitamin B₆, vitamin B₁₂, calcium, magnesium, vitamin D, and boron.
18. The method of claim 15 wherein the formulation comprises magnesium oxide.
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19. The method of claim 15 wherein the step of administering provides a daily dosage comprising:
- a) from about 1 to about 10 milligrams folic acid compound;
 - b) from about 10 to about 50 mg vitamin B₆;
 - 5 c) from about 100 to about 1000 micrograms vitamin B₁₂; and
 - d) one or more additional vitamins or minerals selected from the group consisting of:
 - i) from about 300 to about 2000 mg calcium;
 - ii) from about 25 to about 500 milligrams magnesium;
 - 10 iii) from about 1 to about 5 milligrams boron; and
 - and combinations thereof.
20. A method of improving pre-natal health or fetal development, the method comprising orally administering a formulation comprising from about 1.5 to about 10
15 milligrams folic acid compound.
21. The method of claim 20 wherein the formulation comprises one or more additional vitamins selected from the group consisting of:
- a) from about 125 to about 300 mg vitamin C;
 - 20 b) from about 5 to about 100 mg vitamin B₆;
 - c) from about 15 to about 100 micrograms vitamin B₁₂;
 - and combinations thereof.
22. The method of claim 20 wherein the formulation comprises
- 25 a) from about 125 to about 300 mg vitamin C;
 - b) from about 5 to about 50 mg vitamin B₆;
 - c) from about 15 to about 100 micrograms vitamin B₁₂;
 - d) from about 3.5 to 5 mg thiamine;
 - e) from about 3.5 to 5 mg riboflavin;
 - 30 f) from about 200 to about 1000 mg calcium;

- g) from about 25 to about 75 mg iron; and
- h) from about 25 to about 250 milligrams magnesium.

23. A method of promoting healthy skin, the method comprising administering a
5 formulation comprising greater than 400 micrograms folic acid compound.
24. A method of promoting post-surgical health or recovery, the method comprising
administering a formulation comprising from about 1 to about 10 milligrams folic acid
compound and from about 20 to 500 micrograms vitamin B₁₂.
- 10 25. A method of promoting healing of a skin or muscle wound, the method comprising
administering a formulation comprising from about 1 to 10 milligrams folic acid
compound and from about 20 to 500 micrograms vitamin B₁₂.
- 15 26. A formulation consisting of:
- a) at least about 0.5 milligrams folic acid compound;
 - b) at least about 10 mg of vitamin B₆;
 - c) at least about 50 micrograms of vitamin B₁₂;
 - d) at least one or more vitamins or minerals selected from the group
- 20 consisting of:
- i) at least about 200 to about 800 mg calcium;
 - ii) at least about 100 to about 1000 milligrams vitamin C;
 - iii) at least about 50 to about 200 micrograms vitamin K;
 - iv) at least about 25 to about 200 milligrams magnesium;
 - 25 v) at least about 5 to about 10 micrograms vitamin D;
 - vi) at least about 5 to about 15 milligrams thiamine;
 - vii) at least about 4 to about 7 milligrams riboflavin; and
 - viii) at least about 1 to about 5 milligrams boron; and
- 30 e) inactive ingredients for the delivery of the formulation to a subject;
wherein the formulation facilitates or maintains collagen formation when
administered to a subject.

27. The method of claim 1 wherein the formulation comprises magnesium oxide.
28. The method of claim 8 wherein the formulation comprises magnesium oxide.
- 5 29. The method of claim 20 wherein the formulation comprises magnesium oxide.
30. An oral dosage form comprising:
- 10 a) from about 0.5 to about 10 milligrams folic acid compound,
 b) from about 10 to about 100 mg vitamin B₆,
 c) from about 50 to about 1000 micrograms vitamin B₁₂, and
 d) magnesium oxide.
- 15 31. A method of treating osteoporosis comprising administering the dosage form of claim 30.